Jeremiah 49:23

Concerning Damascus: Hamath and Arpad are put to shame, for they have heard a bad report; they are agitated like the sea; their anxiety cannot be calmed.


GET OUT OF
THAT CHAIR

Don’t Forget to STOP

S = Situation or historical context

T = Type of literature

O = Object or who you’re talking to

P = Prescription or description


GET OUT OF
THAT CHAIR

Philippians 4:4-6

Be careful (anxious) for nothing but in every thing by prayer and supplication with thanksgiving let your request be made known to God.

ANXIOUS

דְּאָגָה

DE A GAH

Proverbs 12:25

“Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.”

ANXIETY IS 100 MENTAL

Stop Wasting My Time

- Anxiety anticipates trouble.
- Anxiety imagines the worst.
- Anxiety rehearses negative outcomes.
- Anxiety magnifies uncertainty.
- Anxiety occupies the present with fears about the future.
- Anxiety can take your mind somewhere your body has never been.

Stop Wasting My Time

It has not HAPPENED yet…
It is not over yet…
It is not here yet…
I can’t touch that yet…
I don’t see that yet…

Let It Play Out

Philippians 4:7

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

What’s in Your Chair?

KNOW YOUR NUMBERS CAMPAIGN

MEASURE, SURVEY, ASSESS WHAT YOU’RE MADE OF…

What or who gets on my nerves?
How do I feel after watching the news?
When am I the most irritable?
After being around you, do I dream or am I drained?
When do I go off?

Psalm 139:23

Search me, God, and know my heart;
test me and know my anxious thoughts.


GET OUT OF
THAT CHAIR